

2Chicken&DressingLS35

Number of Servings: 35 (185.03 g per serving)

Amount	Measure	Ingredient
4 1/4	lb	Bread, whole grain, 100%
5.00	cup	Onion, white, fresh, chpd
5.00	cup	Celery, fresh, diced
5.00	tsp	Seasoning, poultry
3 1/2	oz	Base, chicken, w/o msg, low sod, FS
3 3/4	cup	Water, municipal
4 3/4	lb	Chicken, broiler/fryer, breast, w/skin, stwd

Nutrients per serving

Nutrition Facts			
Serving Size (185g)			
Servings Per Container			
Amount Per Serving			
Calories 230		Calories from Fat 50	
		% Daily Value*	
Total Fat 6g		9%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 45mg		15%	
Sodium 270mg		11%	
Total Carbohydrate 27g		9%	
Dietary Fiber 9g		36%	
Sugars 3g			
Protein 21g			
Vitamin A 2%		Vitamin C 4%	
Calcium 20%		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Stew chicken in water (called for in the recipe) the DAY BEFORE and cool broth and chicken separately. When chicken is cool, debone and cube.

Add vegetables and poultry seasoning to bread cubes and then add water/broth mixed with low sodium base, reserving some of it for the end of mixing in case all if it is not necessary for the correct consistency. Additional water may be added if needed for correct consistency.

Spread 1/2 of the bread dressing mixture into pan(s) presprayed with nonstick spray.

Next, layer chicken on dressing mixture in pans.

Finally, place remaining dressing on top of chicken layer. Cover pans with foil and bake at 350 degrees F for 1 to 1 1/2 hours until vegetables are tender and internal temperature reaches 180 degrees F or more.

Serve 1 c per serving = 2 #8 scoops

2 oz meat, 1 1/2 grain/bread and 1/2 vegetable serving/cup

1 serving = 28 grams CHO = 2 Carb Servings.

Notes

Cooked stewed chicken is used in this recipe. PURCHASE RAW CHICKEN Each pound of boneless cooked chicken is about 3 cups. When raw bone-in chicken is purchased and stewed and cubed, more than 1 1/2 times the weight will need to be purchased.

The vegetables can be stewed with the chicken to give the broth (water) flavor. Don't use alot of water in stewing the chicken as you will want to use all the broth (as the water in the recipe) for the dressing along with the cooked vegetables. Potentially Hazardous Food. Food Safety Standards: Hold food for service at internal temperature above 140 degrees F.

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